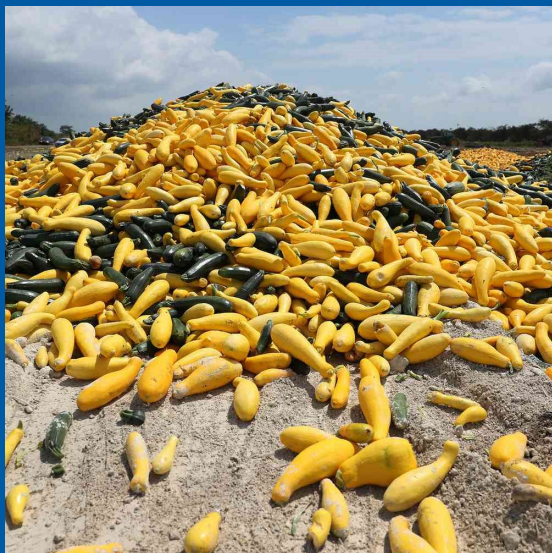




# Reducing wasted food

# Let's discuss



What's the issue?



Get the word out



Tools for events

A photograph of a banana peel lying on a light blue surface. The peel is partially peeled, with the green skin and white inner pulp visible. The banana is positioned diagonally across the frame, from the bottom left towards the top right. The text "HOW MUCH food is wasted?" is overlaid in white, bold, sans-serif font in the center of the image.

# HOW MUCH food is wasted?



A photograph of a plate of food on a dark wooden table. The plate contains a variety of items: a piece of bread, a serving of quinoa or a similar grain, a hard-boiled egg, a potato wedge, a date, and some green vegetables. A blue semi-transparent overlay covers the left side of the plate, containing white text. A silver fork is on the left and a silver knife is on the right of the plate. A glass of water is visible in the background.

Nearly  
**40%**  
of all food  
goes uneaten



In Hennepin County, enough edible food is thrown away each year to fill Target Field 1.5 times





# The costs of wasting food



19% of crop land

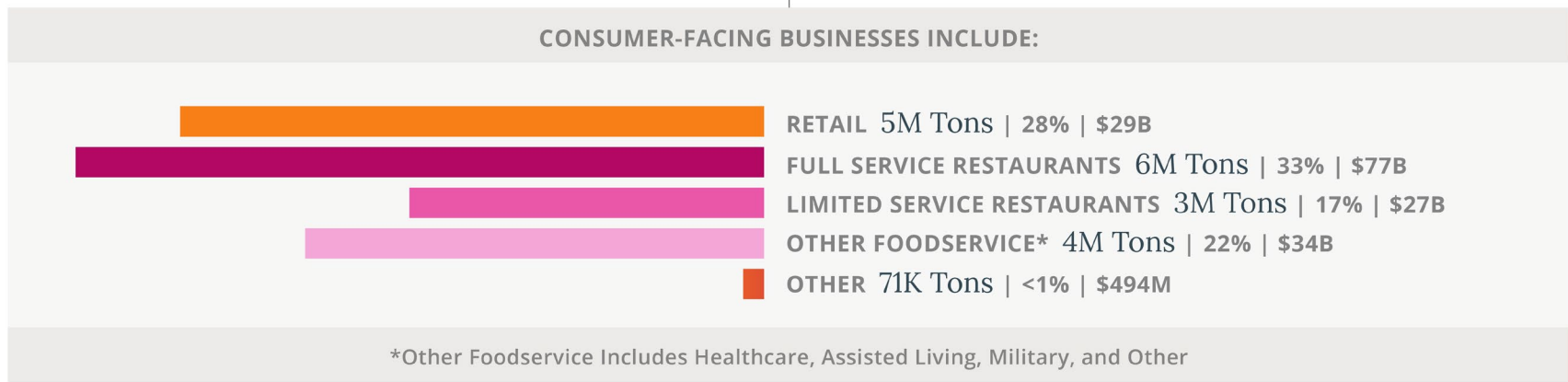


21% of freshwater





**WHO is  
wasting all  
this food?**



Source: ReFED April/May 2023

# Surplus Food Occurs Across the Supply Chain



A close-up photograph of a pile of food waste. The waste includes a large banana peel with black spots, several orange peels, and various vegetable scraps like green leafy pieces and a red strawberry. The background is a dark, textured surface, possibly a compost bin or a pile of soil.

**WHERE** does our food go?



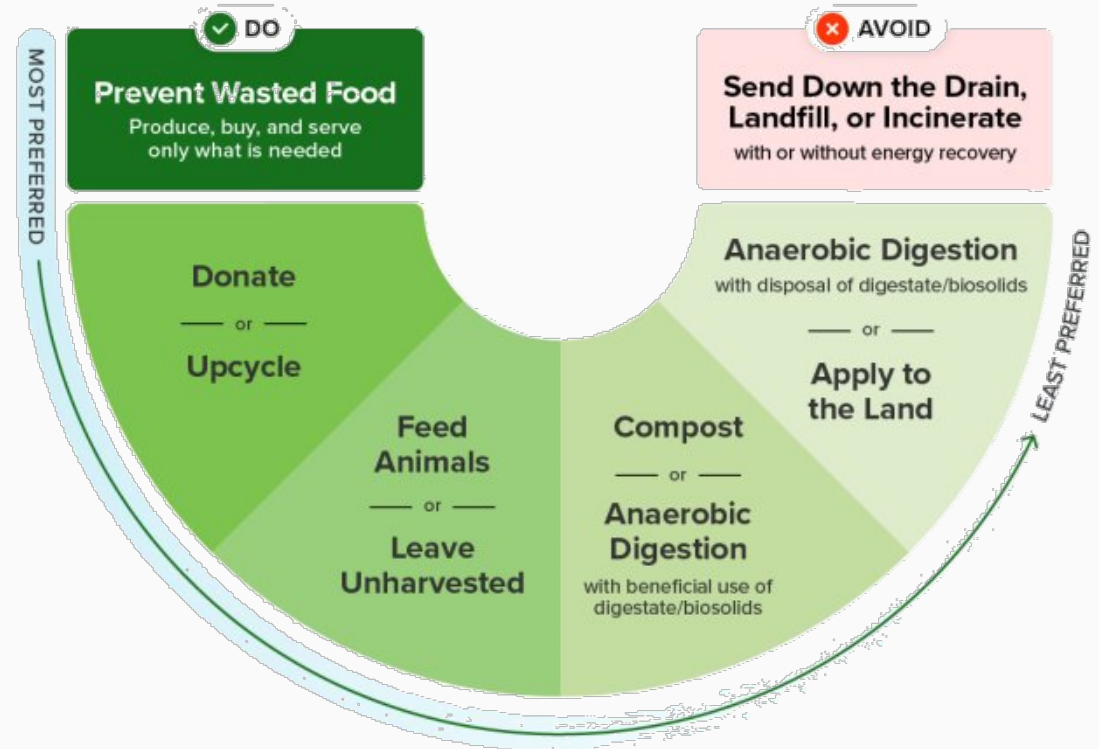


## Where it goes now



## Wasted Food Scale

How to reduce the environmental impacts of wasted food



## Where we want it to go



# What is the solution?

## Prevention!

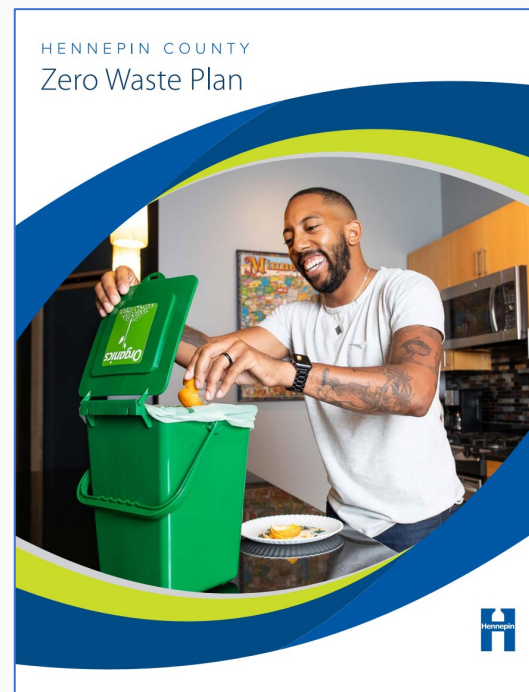
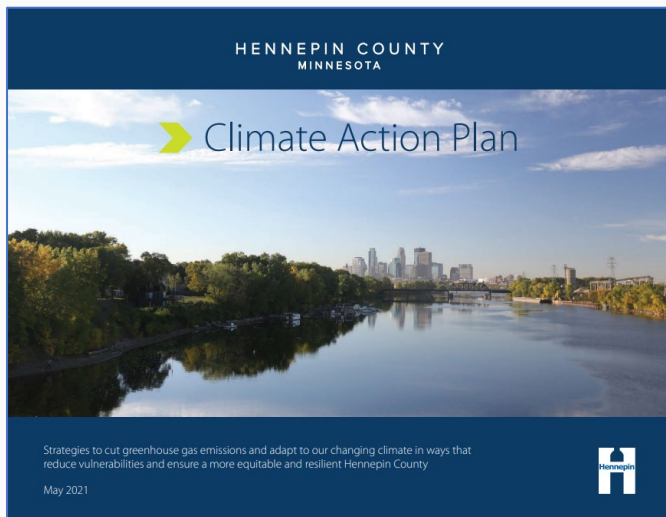


Eat the food you have



Buy the food you'll eat





# What we're doing about it

From plans to action



SCHOOLS



RESIDENTS



FOOD RESCUE



BUSINESSES



# What are we doing?

- Brain on automatic
- Dynamic lifestyle
- No planning
- Improper storage



# How to save the food

Self-assess



Store to make it last



Learn the labels

Plan before you shop



Use it up



# Residential solutions

- Education campaigns
- Portion sizes (eating out)
- Sharing food/donation
- Packaging education
- Meal kits
- *Organics recycling*



## Resources

- Stop Food Waste Challenge
- Campaign
- Educators



# Campaign

Timeline: April 1 2024 – July 2025...

Audience: primary grocery shoppers aged 21-45

Pre- and post-testing

Awareness + Action



Time to choose what  
you like more:




# TRASH OR CASH

If you won in cash the  
amount of money you spent  
on food you threw away last  
year, you'd be thrilled. Well,  
now's your big chance.



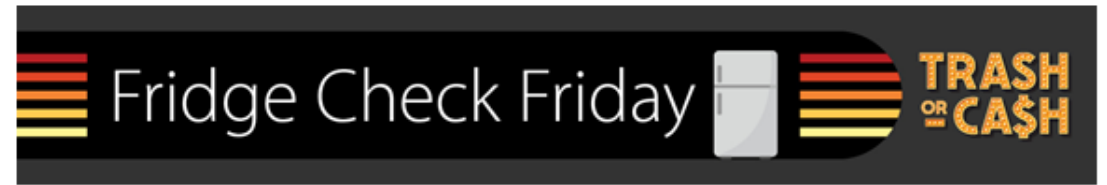




### Fridge Check Friday

Keeping track of what's in your fridge keeps food out of your trash. Get weekly email reminders and tips to help prevent waste before you go shopping.

**SUBMIT**



Here's your weekly reminder to take a quick look in your fridge and make a plan to use extra food before it goes bad. Choose cash over trash by making simple changes to how you plan, store, and cook.

## Kitchen reality check

Simply tracking what food goes to waste and why can have the greatest impact on your kitchen habits.

Try one of these tracking methods:

- Use the [Fridge Check Guide \(PDF\)](#) to understand what food you're throwing away and why.
- Keep a bowl on your counter or in the fridge to collect food that could have been eaten but wasn't. This will help you see how your habits add up.
- Take a photo every time you toss food. Look at the pictures after a few weeks to see if you find any patterns.



When you waste food, you waste money. Choose cash over trash by making simple changes to how you plan, store, and cook.

## Learn why food went to waste

When you clean out your fridge, make note of what food you toss and why.

Today's date: \_\_\_\_\_

1. Look in your fridge and remove all items that are spoiled or not edible.
2. Check off the types of food you pulled out to toss:
  - Vegetables
  - Fruit
  - Dairy
  - Eggs
  - Meat and fish
  - Leftovers
  - Bread, tortillas, or other grains
  - Sauces, dips, or canned goods
  - Other: \_\_\_\_\_

Optionally, include details about specific items you tossed:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. Check off reason(s) why food items went to waste, then discover ways to tweak your habits to save money and enjoy your food.

Reason for wasted food	How to save
<input type="checkbox"/> Forgot about it	<b>Figure out a way to keep track of your food.</b> Make an Eat First area, create a Use It Up list, put newer items behind older items, use clear containers.
<input type="checkbox"/> Date shown on package has passed	<b>Use your senses</b> – smell, see, taste – to check if food has gone bad. Except for baby formula, dates on food have nothing to do with safety and are only loosely related to quality.
<input type="checkbox"/> Bought with no plan	<b>Add the items you have to your Use It Up list.</b> For future shopping trips, plan your meals and snacks and use that to create a grocery list.
<input type="checkbox"/> Only used part of ingredient	<b>Keep track of and use up your food.</b> Make an Eat First area, put these items on your Use It Up list, add extras into meals like soups, stir fries, omelets, or smoothies, freeze ingredients to use later.
<input type="checkbox"/> Leftovers not used	<b>Make a plan for your leftovers.</b> Label to-go containers or put food into a clear container, and add them to your Use It Up list. Plan a leftovers dinner and call it something fun, like Encore Night or Eat It Up Meal.
<input type="checkbox"/> Produce spoiled too quickly	<b>Store food to make it last longer</b> and use things up before they go bad. Use the fruit and veggie storage guide and make sure your fridge is set to 40 degrees. Use anything close to going bad in meals like soups, stir fries, omelets, or smoothies, or freeze it to use later.
<input type="checkbox"/> Other	Try a strategy already listed above or come up with your own: _____



# RESOURCES

These indispensable cheat sheets can help you dispose of less food. Help yourself!



**Fridge Check Guide**



**Storage Guide Inspiration**



**Eat These Foods First**





**DAVID FHIMA**  
Restaurateur and Chef  
Maison Margaux

Videos



# Outreach

## Tabling



## Presentations



## Classes





# Stop Food Waste Challenge

August 1-30

Month-long, online challenge to inspire change

Started in 2020

Expanded in 2023







**stop food waste challenge**



**Únase al reto**

Aprenda técnicas prácticas y sencillas que le ayudarán a dejar de desperdiciar alimentos, a tener más dinero en el bolsillo, a cocinar mejor y a combatir el cambio climático. ¡Únase al Reto No Desperdicios de Comida este agosto!

1. Visite [stopfoodwaste.ecochallenge.org](https://stopfoodwaste.ecochallenge.org) e inscribáse
2. Únase a un equipo o forme uno nuevo
3. Elija sus acciones
4. ¡Anime a los demás a unirse!

 [stopfoodwaste.ecochallenge.org](https://stopfoodwaste.ecochallenge.org)



# Helpful Resources

Thank you for participating in the Stop Food Waste Challenge! This page contains resources and tutorials to help you optimize your Stop Food Waste Challenge experience and encourage others to join. Find social media graphics, participant tips, and how-to guides for the challenge platforms.

Here's to a collectively successful and impactful Stop Food Waste Challenge! Need any other support? Contact us at [zwc@hennepin.us](mailto:zwc@hennepin.us).

## Helpful Resources

**STOP FOOD WASTE GETTING STARTED TIPS**

**TEAM CAPTAIN TIPS**

**ADD APP TO YOUR PHONE OR TABLET**

## Promote The Challenge

Use the following resources, including newsletter articles, social media posts and graphics, and posters, to spread the word, recruit teammates, and encourage people you know to join the challenge.

**STOP FOOD WASTE MEDIA KIT**

**POSTERS AND FLYERS**

**SOCIAL MEDIA GRAPHICS**

## Promocionar El Desafío

Utilice los siguientes recursos, incluidos artículos de boletines, publicaciones y gráficos en las redes sociales y carteles, para correr la voz, reclutar compañeros de equipo y alentar a las personas que conoce a unirse al desafío.

**MATERIAL PROMOCIONAL**



# Stop Food Waste



## Thank you for joining the Stop Food Waste Challenge!

We're excited to help you on your journey to waste less food! During the [Stop Food Waste Challenge](#), which runs August 1- 31, we will be sending several short emails per week to provide you with resources.

Before we get started, here are some tips for selecting actions to make the most of your experience. See [how to get started with the online Stop Food Waste Challenge \(PDF\)](#) for steps to take before the challenge starts on August 1.

You can also continue to encourage others to join! See the [resources](#) section for tips and materials to help with outreach.



Ramsey County, Minnesota  
July 27

Team up to fight food waste with the Stop Food Waste Challenge! By committing to actions that reduce food waste, we can save money, fight climate change, provide for our families and improve our cooking skills. Sign up today at <https://stopfoodwaste.ecochallenge.org>.

**Reduce wasted food. Take the Stop Food Waste Challenge.**

Coming this August

**stop food waste challenge**

[stopfoodwaste.ecochallenge.org](https://stopfoodwaste.ecochallenge.org)

UMN Extension Ramsey County Master Gardeners and 6 others 2 shares

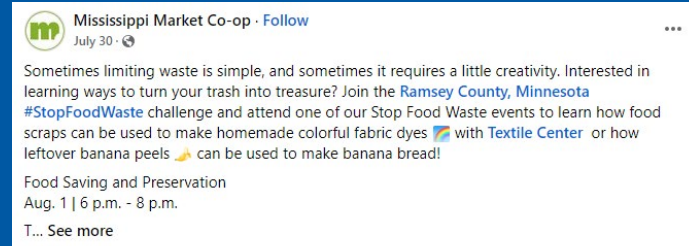
Like Comment Share



# Interactions

## *Partner-hosted events*

- Presentations
- Documentary screening
- Hands-on workshop
- Cooking demos



# Food at events



# Prevent wasted food at events

1. Plan
2. Keep track
3. Eat the food
4. Prepare for leftovers



# Get ahead of the waste

## Communicate with caterer

- Low-waste goals
- Type of meal, budget
- Guest counts\*
- Avoid vats of sauce
- Buffet vs. plated meals
- Opt for food that doesn't need a lot of maintenance

## Food waste prep

- Organics bins, bags
- Who will it take after?

## Leftovers prep

- Gather containers, baggies
- Who will it take after?



# During event

- Set out and announce composting
- Give people time to eat
- Refill as needed
- Maintain food temps
  - Buffet line
  - Food on hold





# Leftovers for all!

## Keep food safe to eat

- Fridge
- Coolers
- Outside/garage/car in winter

## Put out containers, baggies

- Label: food, who's taking it

## Donations



# Donating prepared food

- Liability protection
- Food safety
  - Don't donate food that has been set out
  - Cool food and keep cool
- Label food



MealConnect by Feeding America

TC Food Justice

Local food shelf/organization

Coming up....





**April 7-13, 2025**

- National planning team
- Free resources
- 790 partners in 2024
- Interested? Let me know!

Wasted food is a problem.  
We are the solution.



**Jenny Kedward**

Food Waste Prevention Specialist  
*Environment & Energy Department*  
*Hennepin County*  
(she/her)



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